

## CFAS Sailors look their best



U.S. Fleet Activities Sasebo, Japan (May 14, 2004) -- A Fleet Activities Sailor stands fast while Capt. Michael L. James, Commander, Fleet Activities Sasebo conducts a service dress white uniform inspection. (Official U.S. Navy photo by PH2 (AW) Jonathan R. Kulp)

## Town Hall Meeting brings discussion

Naomi Sullivan  
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) held a town hall meeting in the Community and Education Center May 19 with several representatives from the base and its tenant commands addressing the community about recent budget cuts and other local concerns.

"We are here to try and fulfill the needs of the community and report on some important issues," said Command Master Chief (SS) Bill Lowmon in his opening remarks.

Lt.Cmdr. Andrew Darnell, financial advisor for CFAS, explained that some departments on base will be getting financial cutbacks as a result of an April 20 \$300 million budget cut. Morale, Welfare and Recreation (MWR), the department that felt the biggest cut, has adjusted three different ways.

"We have looked at internal cuts, an increase in fees, and hours of operations to help decrease the impact on the community," said MWR Director Scott Poluhowich.

Poluhowich said the increase in fees is not drastic, but the more noticeable ones include: an across-the-board raise in bar prices; theater admission increases by one dollar and an increase in swimming lessons by \$5. Hario shuttle bus runs and bowling prices are being slightly increased. Main Base and Hario Child Development Centers (CDC) will no longer offer Friday late-night care. The swimming pools that historically open on Memorial Day weekend will open Saturday, June 12.

Religious Ministries Director, Cmdr. Harvey Ranard, was pleased to announce that his staff will be expanding by two, adding Directors of Religious Education. They are also starting 'Adopt a Sailor Plus,' which is an expansion to the already up and running 'Adopt a Sailor Program.' Families that are interested will be able to have a contract with a Sailor on a yearly basis to help share the ups and downs of Sasebo.

D.J. Stanhope, USO director, addressed the issue of their  
*See Town Hall, page 2*

## USS Guardian scheduled to hold Change of Command

Lt. j.g. Dave Wilcox  
USS Guardian Public Affairs

Command of Mine Countermeasures Ship USS Guardian (MCM 5) changes May 26, when Lt. Cmdr. Stanley Keeve turns over the helm to Lt. Cmdr. Bert Yordy. Capt. Robert Riehel, Commander, Mine Countermeasures Squadron One, will be the keynote speaker. Due to its ongoing Docking Selected Restricted Availability (DSRA) maintenance period, Guardian's Change of Command ceremony will take place at 10 a.m. in the CFAS Community Center.

During two years under Keeve's command, Guardian has twice earned all four Commander, Naval Surface Forces Atlantic Warfare Excellence Awards as well as the Commander, Naval Surface Force, U.S. Atlantic Fleet 2003 Safety Award. Additionally, Guardian received a score of "Outstanding" during the March 2003 Underway Demonstration and successfully completed two Post-deployment Maintenance Availabilities. Operationally, Guardian completed summer deployments to Southeast Asia in 2002 and 2003, participated in exercises Foal Eagle '03 in Korea and MINEX/EODEX '04 in the Japanese Inland Sea, commemorated the 50<sup>th</sup> anniversary of the Korean War Armistice in Pusan, South Korea, and located and marked a sunken United States Marine Corps Amphibious Assault Vehicle for retrieval off the coast of Okinawa, Japan. Guardian was also the only mine countermeasures ship to test Joint Task Force WARNET

communications equipment and take part in Tandem Thrust '03 off the coast of Okinawa with the USS Essex (LHD 2) Expeditionary Strike Group.

A native of the Washington, D.C. area, Lt. Cdr. Keeve is a graduate of The College of New Jersey, where he earned a Bachelor of Science degree in Electrical Engineering. He was commissioned through Officer Candidate School in Newport, R.I. His initial sea assignment was aboard USS Reuben James (FFG 57), homeported in Long Beach, Calif., and later in Pearl Harbor, Hawaii. While aboard Reuben James, he completed two western pacific deployments and served as Damage Control Assistant, Anti-Submarine Warfare Officer and Ordnance Officer. After completion of Department Head

School, Keeve reported aboard USS Philippine Sea (CG 58) homeported in Mayport, Fla., where he served as Weapons Officer and later as Combat Systems Officer. During this tour, he completed a Mediterranean deployment and participated in Operation Allied Force, NATO's combat actions against the Former Republic of Yugoslavia.

Ashore, Keeve earned a Master of Science degree in Electrical Engineering from the Naval Postgraduate School in Monterey, Calif., and served as Flag Aide to Commander, U. S. Sixth Fleet in Gaeta, Italy and NATO's Commander, Striking and Support Forces Southern Europe in Naples, Italy.

Keeve's next assignment will take him to Newport, R.I., where he will  
*See Guardian, page 3*



The USS Guardian (MCM 5) welcomes its new commander. (Released by CFAS Public Affairs)

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#### Liberty Card Program

CFAS Instruction 1050.7 was released outlining the Liberty Card Program for E-4 and below Sailors.  
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### Sasebo Weather

Saturday	Sunday	Monday
Partly Cloudy	Mostly Cloudy	AM Rain
High: 69° F	High: 66° F	High: 65° F
Low: 59° F	Low: 58° F	Low: 58° F

### Days since last DUI/DWI (as of May 20)

1



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JO3 JAMES KIMBER  
252-2810

**FLEET IMAGING**  
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PH2 (AW) JONATHAN R. KULP  
PH3 IAN W. ANDERSON  
252-3559

**MWR MARKETING**  
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FRANK A. DeSILVA  
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MARITNESS NAVAL  
252-3930

**SPECIAL THANKS TO:**  
AMERICAN FORCES NETWORK-SASEBO  
BRANCH DENTAL CLINIC-SASEBO  
BRANCH MEDICAL CLINIC-SASEBO  
CFAS RELIGIOUS MINISTRIES  
CFAS SAFETY DEPARTMENT  
FLEET AND FAMILY SUPPORT CENTER  
DoDDS  
NAVY EXCHANGE-SASEBO  
USS ESSEX (LHD 2)  
USS HARPERS FERRY (LSD 49)  
USS FORT MCHENRY (LSD 43)  
USS JUNEAU (LPD 10)  
USS GUARDIAN (MCM 5)  
USS PATRIOT (MCM 7)  
USS SAFEGUARD (ARS 50)

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**Sasebo Soundings**  
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## Regional Commander's Update: Changes on the way as CNFJ streamlines base operating support mission

The Navy is changing the way it does business ashore, as it acts on a mandate to trim excess and find efficiencies in the way the shore establishment provides its services to the Fleet.

This vision for the Navy shore support mission is part of the Chief of Naval Operations' (CNO) plan to find savings throughout the Navy that can be used to recapitalize the Fleet. For installations within the Commander, Naval Forces Japan (CNFJ) region, this means changes in services, both visible and behind the scenes, and possible changes in the workforce, all with the goal of providing the most effective and efficient organization in support of the Navy's mission.

Rear Adm. Chris Weaver, Commander, Navy Installations, has explained that our strategy is to work toward improving effectiveness of our services through improved efficiency and elimination of redundancies and associated costs. This supports the CNO's goal of harvesting savings that will be directed towards modernizing our Fleet, and supporting the ongoing Global War on Terrorism. Our focus will be on effective output of our Shore Support Enterprise.

All Navy regions, including CNFJ, are currently prioritizing and shaping resource delivery systems to best serve our customers – with Fleet support as mission one. CNFJ will pull its weight in terms of finding efficiencies in the way we do business - generating savings in the process to help ensure our Navy remains the most modern, capable Fleet in the world.

Within CNFJ we are looking for ways to do things better, eliminating excess while streamlining processes. You will see the installation commanding officers and their supporting program management staffs carefully reviewing budget elements, and operating in ways that better meet the Navy's goal ashore - operating like an effective business. We will work to balance the many

factors influencing the decisions that need to be made regarding service refinements and how the CNFJ workforce of the future should be structured.

Some changes in services within CNFJ will be visible. For example, Morale, Welfare and

without significantly affecting the base services we provide. As customers, you may notice some modest increases in fees for recreational services, or the scaling back of hours at some of our facilities. Any changes made will have been thoroughly studied, and whenever possible, a fair balance will be struck between the need to pass on savings and the requirement to continue to provide a high-quality level of service.

Adjustments in shore support extend well beyond the traditional services provided to our customer. In the coming years, you will also see that our Navy's military manning level will decline. The CNO recently pointed out that we are building platforms that require dramatically fewer people. For example, DD(X), the Navy's next-generation destroyer, will have 100 to 125 Sailors assigned instead of 350 to 400. We will also continue to review the shore support side of Navy manning requirements and capabilities.

Our Human Capital Strategy will be one of our most important focus areas over the coming years. The Navy is also looking at its workforce, both civilian and military, with an eye toward fielding the most efficient and effective human resources organization possible. There is nothing under consideration that will adversely impact the Japanese employed under the Master Labor Contract (MLC). However, some civilian employees, both Japanese and U.S., may experience changes in their workplace and in their scope of responsibilities, and all positions will be reviewed as a normal matter of course, as are the military positions.

As we move forward, CNFJ will continue to work to support the Fleet, Sailors and civilian employees and their families with the best possible services, while we do our share to invest in the Navy's future readiness. The savings we realize by doing business more efficiently will help the U.S. Navy remain the most capable maritime force in the world.



COMMANDER, NAVAL FORCES JAPAN

Recreation will seek to reduce or eliminate under-used services. Other changes, such as those made within individual departments at the base level, will not be as noticeable. A few changes have already been implemented at local levels, while more are expected to be announced and put in place as they are approved.

CNFJ, and the other regions across the Navy, have been directed to identify some immediate savings to help off-set funds that were diverted in support of pressing operational requirements. We're working hard at this, and have already identified several areas where we can produce savings

### Town Hall, cont. from page 1

Digital Subscriber Line (DSL) service in Hario. Patrons were having problems accessing Navy Web sites and Stanhope said they are trying to resolve the problem and appreciate the community's patience. Also regarding USO, Stanhope mentioned the reduction of hours at USO Nimitz Park during the week due to a lack of usage during ship underway periods.



A Sasebo resident asks a question at the Town Hall Meeting Wednesday. (Photo by Naomi Sullivan)

Several other departments announced community changes such as the increase in cost of College Level Exam Program (CLEP) tests. Several organizations also spoke of community events that are coming up. A Volunteer Appreciation Picnic is Friday, May 28 from 11 a.m. until 1 p.m. at Nimitz Park. Navy College will be having an Education Fair in the Bayside food court from 10 a.m. until 2 p.m., and MWR is scheduled to host a Fleet Appreciation Day June 14.

Headlining upcoming events, though, is the Sunday, July 4 celebration, an open-base event for the Japanese community. Several stages will feature name entertainment and local cultural presentations. CFAS Chief Staff Officer Cdr. Bernie Wang said the event is also designed to be the primary fund-raising event of the year for base organizations, with booths and tents set up along the road going from the Mini Mart to the ships. Ship visitation will also be offered to guests.

The 4<sup>th</sup> of July organizing committee meets weekly so watch for details in future issues of *Soundings*.

### Sasebo Sailors advance

The following Sasebo Sailors have been selected for advancement:

**3<sup>rd</sup> Class Petty Officer-**  
JO3 Joshua Glassburn, AFN Det. Sasebo  
CS3 Jose Garcia, USS Patriot (MCM 7)  
DC3 Andrew Suggit, USS Patriot (MCM 7)

**2<sup>nd</sup> Class Petty Officer-**  
JO2 Daniel Zolberg, AFN Det. Sasebo  
MN2 Robert Kapsa, USS Patriot (MCM 7)

**1<sup>st</sup> Class Petty Officer-**  
PN1 (SW/AW) Reynaldo M. Giron, Personnel Support Detachment, Sasebo  
SM1 (SW) Brant Thionnet, USS Patriot (MCM 7)  
EM1 (SW) Jeffrey Whalen, USS Patriot (MCM 7)



# Guardian observes Asian-Pacific American heritage

**Lt. j.g. Dave Wilcox**  
USS Guardian Public Affairs

On Friday, May 14 at the Showboat Theater, USS Guardian (MCM 5) held an all-hands program in observance of Asian-Pacific American Heritage Month, personal recognition of certain Sailors and Spouse Appreciation Day.

After Information Systems Technician 1<sup>st</sup> Class (SW) Jimmy

Gipson read an opening proclamation, Personnelman 1<sup>st</sup> Class (AW) Ronaldo Soriano, Guardian's Career Counselor and the organizer of the presentation, introduced some of Guardian's Asian-Pacific American crew members. The guest speaker, Capt. J. N. Saiku, Officer-in-Charge of Branch Dental Clinic, shared some of his experiences as an Asian-Pacific American who had risen to a senior rank in the Navy.

Following closing remarks by Guardian's Commanding Officer, Lt. Cmdr. Stanley Keeve, Jr., the crew enjoyed special snacks such as lumpia and yakisoba. Of the 81 officers and crew currently serving onboard, approximately one-sixth have roots in an Asian-Pacific culture. These include Philippine, Chinese, Taiwanese and Hawaiian. Culinary Specialist 1<sup>st</sup> Class (SW) Arnel Valdez, who left his home in a village in the Philippines and hiked three days through the mountains during a typhoon warning to take his enlistment exam, expressed the importance of the American presence the Western Pacific and the positive impact that Asian-Pacific American Sailors have on the U.S. Navy.

"The American presence in the Philippines has greatly increased the opportunity for education there and contributed crucial resources to the Philippine nation. On the other hand, Sailors like me who grew up in a culture

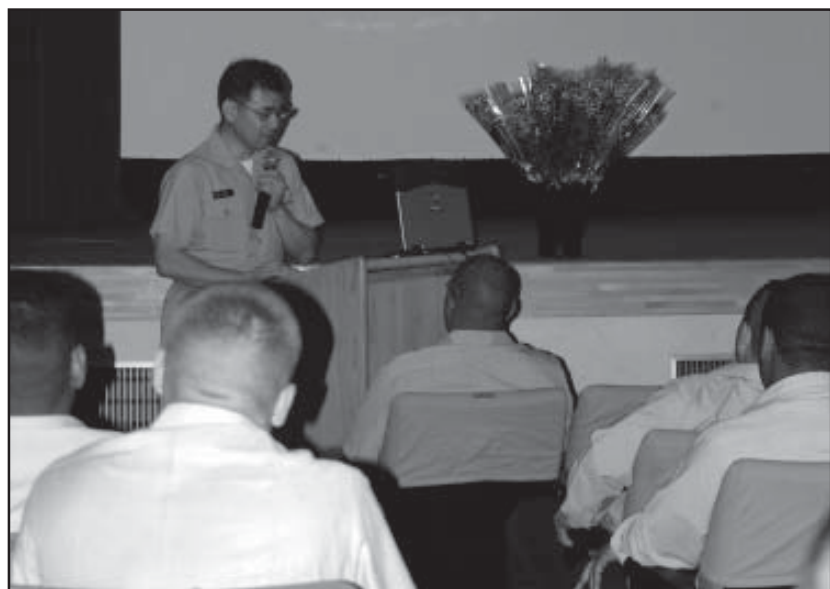
without many material things were blessed with the ability to work hard and be resourceful as they earn the 'American Dream,'" he said. "America is definitely the melting pot of the world, and it could not stand without all of its citizens' heritages."

Personnelman 1st Class (AW) Soriano echoed his sentiment. "I appreciate the American People recognizing the importance of their Asian-Pacific neighbors' heritage and for our ability to be called Americans," Soriano said.

Afterwards, Keeve frocked several Sailors who had advanced in rate including MNCS (SW) John Pipkin. He also presented CS1 (SW) Valdez a Navy and Marine Corps Achievement Medal and other Supply Department personnel Flag Letters of Commendation signed by RADM Jones, COMPHIBGRU ONE, for their outstanding effort and performance during the latest Supply Management Inspection.

To conclude the afternoon, the Commanding Officer invited all of the crew members' wives forward and awarded each of them a bouquet of flowers in recognition of their vital contributions as well as sacrifices as they support their husbands and the rest of the crew.

The combination of these three recognitions in one afternoon reinforces the inseparable linkage between them as vital ingredients to excellence. Each of our heritages forms within us an identity. Each of our families supports us, frequently sacrificially, in the living out of this identity within the Navy. Finally, each of us, shaped by our heritage and spurred on by our families, must strive for personal excellence as Sailors in support of our shipmates and our commands.



A Sasebo resident shares his cultural experiences with the crew of the USS Guardian. (Photo by Naomi Sullivan)

## Fleet Activities Sasebo releases new Liberty Card Program instruction

**JO3 Rebekah Blowers**  
CFAS Public Affairs

Commander, Fleet Activities Sasebo (CFAS) issued a new liberty card program instruction May 13.

CFAS Instruction (CFASINST) 1050.7, made in accordance with Commander, Naval Forces Japan Instruction 1050.7, was made to give extended liberty to qualified Sailors in paygrades E-1 through E-4 using the liberty card program.

According to the instruction, Sailors overseas are in a different environment than in the continental United States. The Japanese hosts carefully scrutinize the behavior of all U.S. military personnel in Japan and the command is taking the necessary steps to ensure its Sailors always put their best foot forward.

"The vast majority of our Sailors have what it takes to be an exceptional Sailor, and our goal should be to facilitate, providing all of them with the tools they need to adapt to this different and challenging overseas environment," CFASINST 1050.7 states.

Sailors E-1 through E-4 are granted liberty after working hours, weekends and holidays until 12 a.m. This midnight liberty expiration is in effect regardless of the living arrangements or marital status of the Sailor and stays in effect until 5 a.m. the following day. According to the instruction, Sailors E-1 through E-4 in CFAS UIC's 46195, 48653, 48907, 61058 and 62735 are all applicable.

Extended liberty is granted for select individuals who have demonstrated personal maturity, responsibility and accountability. Sailors need to meet minimum qualification

criteria as follows:

- Sailor has been onboard for three months.
- Attended Intercultural Relations (ICR) training.
- Attended "How to Behave in Japan" workshop.
- Attended an MWR/SATO tour or trip or participated in a command sponsored community relations event.
- Attended Prevent, Alcohol Aware or other sanctioned Navy alcohol training program.
- Passed most recent Physical Fitness Assessment (PFA).
- Demonstrates sustained superior work performance.
- Maintains proper grooming, uniform and civilian clothing standards.
- Understands and adheres to the Right Spirit Program.
- Not a Liberty Risk candidate within the past 90 days.
- No disciplinary action such as DRB, XOI or Captain's Mast, in the last six months.
- No Blue Liberty Card revocation in the last six months.
- All Sailors in pay grades E-1 through E-4 will be recommended for their Blue Liberty Cards to the Command Master Chief (CMC) by a board of peers consisting of existing Blue Card holders. The Chairperson of the Board will be selected by CMC.
- The Commander, CMC and Leading Chief Petty Officer will periodically revisit the elements of the program with their junior personnel.

According to the instruction, Sailors that had Blue Liberty Cards at a previous forward deployed naval force command may be considered for Blue Card status at CFAS

before three months.

The White Liberty Card is issued to personnel in pay grades E-1 through E-4 who do not meet or have failed to maintain the minimum requirements of a Blue Card holder and have not been designated by CMC for extended off-base liberty. Personnel holding White Liberty Cards will adhere to the following:

- Personnel living off-base are required to be in their homes between 12 and 5 a.m.
- Personnel living in Bachelor Enlisted Housing (BEH) on base are required to be on base between 12 and 5 a.m. Nimitz Park and the two housing areas are not considered a part of Main Base for the purpose of the instruction.
- Personnel must submit a Special Request Chit via their chain of command for extended liberty for specific one time requests such as an overnight Morale, Welfare and Recreation trip.
- Personnel living in BEH will not be allowed to have alcohol in their rooms regardless of age.
- Personnel will not be allowed to obtain a Personal Owned Vehicle (POV) license unless waived by the base Commander.

There is a checklist personnel can get from their chain of command that they are required to complete in order to be issued a Blue Liberty Card by the CMC.

Personnel can contact their respective chain of command for more information regarding this instruction.

**Guardian, cont. from page 1**

be a student at the Naval War College.

Lt. Cmdr. Yordy hails from Carson City, Nev. He received his Bachelor of Science in Computer Science from Oregon State University and was commissioned through the ROTC program in 1992. He reports to Guardian following studies at the Brazilian Naval War College in Rio De Janeiro, Brazil.

His first sea tour was as Main Propulsion Assistant, Auxiliaries Officer and Ordnance Officer in USS Vandegrift (FFG 48) from December 1992 to December 1995. His next sea duty tour was in USS Ramage (DDG 61) as Chief Engineer from January 1999 to June 2000. While serving in Ramage, Yordy deployed in support of NATO Operations in Kosovo.

Yordy's shore assignments include serving as an instructor at the Royal Australian Navy Surface Warfare Officer School in Sydney, Australia, and as a Gas Turbine Assessor and Training Standards Department Head at Afloat Training Group, Pacific. He is a 2003 graduate of the Brazilian Naval War College, where he obtained Masters degrees in Naval Science and Business Administration and Management.





## Fort McHenry hosts Tiger Cruise



*Top: Onboard USS Fort McHenry (LSD 43) (May 14, 2004) -- A Gunner's Mate 3rd Class displays a portion of the ship's firepower to a Japanese civilian.*

*Right: Two Sailors attached to Fort McHenry prepare line for sea and anchor detail before docking during a recent Tiger Cruise. One hundred twenty-three family members, friends and members of the Japanese community were allowed a glimpse into life underway during a daylong excursion off the coast of Japan. (Official U.S. Navy photos by PH3 Ian W. Anderson)*



## Royal Thai Navy officers provide insight, cultural exchange aboard Essex

**JO3 James Kimber**

*Task Force 76 Public Affairs*

USS ESSEX, At Sea (NNS) — USS Essex (LHD 2) hosted four Royal Thai navy liaison officers May 3 during the ship's passage from its forward-deployed port of Sasebo, Japan, to Pattaya, Thailand.

The officers - two pilots and two surface warfare officers - were aboard Essex to observe general shipboard and air operations in preparation for Exercise Cobra Gold '04.

According to Lt. Cmdr. Bruce A. Martin, Essex navigator and primary escort, exchanging officers is important in order to provide a different perspective on how operations are conducted from one navy to another.

"Exchanging liaison officers fosters a bond of professional cooperation," said Martin. "As we learn more about each others' capabilities, we are better able to coordinate any future operations."

Royal Thai navy Lt. Cmdr. Pongtep Niramarnsakulpong, an AV-8B Harrier pilot, said his experience aboard the U.S. Navy's only forward-deployed amphibious assault ship was very educational.

"The U.S. Sailors and Marines are very well-disciplined," said Niramarnsakulpong. "It's a level of discipline I have never seen before."

According to Royal Thai navy Lt. Cmdr. Jaiped Thongdoug, commanding officer of HTMS Surin, the liaison exchanges of the past have helped the Royal Thai navy to advance technologically.

"The U.S. Navy's technology is amazing, but it won't last forever," said Thongdoug. "[The U.S.] and Thailand have built a strong alliance and continue to build strong relationships around the world. These friendships are more important than the technology because they are forever."

Essex, along with USS Harpers Ferry (LSD 49) and USS Juneau (LPD 10), are currently deployed in preparation for Cobra Gold '04. Cobra Gold is a bi-annual joint and combined exercise with armed forces from Thailand, Singapore, the Philippines and Mongolia.

## Darby students give thanks for special services

**Chris Boyd**

*Darby Elementary School*

Over the past two weeks Darby has sponsored events to show its appreciation for those who give so much of their time and effort to the school.

May 12, the Darby Student Council sponsored a Mamasan Appreciation Tea. This is an annual event that is dedicated to showing those of the custodial staff (affectionately known as 'mamasans') just how much their hard work is appreciated. Students from all grade levels cleaned the school while the mamasans enjoyed snacks. Student Council members Rachel Rambo, Christine Boldoc and Toni Nelson gave a speech thanking the hard working women and men while Ms. Meg Fukui translated.

May 17, the Sunshine Committee, made up of staff members

dedicated to arranging special events for the faculty, put together an Appreciation Tea for the volunteers that regularly help out at the school. This included various parents as well as members of ACU 5 who have been volunteering their time every Wednesday since January.



*Darby Elementary School students pause for a photo while cleaning the school recently. (Photo released by CFAS Public Affairs).*

## E.J. King happenings:

**Amy Brennan**

*E.J. King Correspondant*

### No-Activity Weeks and Exam Weeks

The end of the 2003-2004 school year is rapidly drawing near. Finals week for all seniors is May 24-28. For middle school and grades 9 to 11, the non-activity week will be June 1-4, with finals being given June 7-9. E. J. King hopes that families will help students focus on their academic endeavors, and finish out the 2004-2005 school year right!

### Spring Sports Banquet

On May 18 families of spring athletes gathered to honor our spring athletes at the Spring Sports Banquet. Teams that were recognized include boys' soccer and girls' softball. There was a potluck dinner, to which families and students were asked to bring a dish to share. Coach Barr presented the soccer team with trophies for the season, as well as letters to some of his players. Also, just on the heels of the culminating DoDDS-Japan Tournament on May 14 and 15, Coach McDaniel presented a softball MVP award and letters to those who earned them this season. Congratulations to all of our outstanding spring athletes!

### Middle School Gaming Club Lock-In

From Friday, May 21 at 3 p.m. to Saturday, May 22 at noon, middle school students have been invited to attend the first-ever E. J. King Gaming Club Lock-In. Students who attend will have the opportunity to compete in a variety of board games and video games for 21 hours! The cost of the ticket is \$10 at the door, and a signed permission slip is a must! For more information, contact Mr. Brennan at E. J. King at 252-3059.

### Middle School Semi-Formal

The Middle School Student Council will be hosting a middle school semi-formal on May 22 from 6-10 p.m. at the Harbor View Club. Middle school student council members will be selling tickets for \$20 per student, which must be purchased in advance, and will include a buffet dinner. For more information, contact any member of the middle school student council, or Mr. Breeze.

### Middle School Awards Assembly

On Monday, May 24 from 9:35 - 11 a.m., in the Elementary Multipurpose Room, families of middle school students are welcome to attend E. J. King's middle school awards assembly to recognize the academic accomplishments of our students for 2003-2004.

### Spring Book Fair

From May 25 - 28, the E. J. King/Sasebo Elementary Library will host its bi-annual book fair. Students from grades pre-school through high school will have the opportunity to order and purchase merchandise, including hardbound and paperback books, home reference titles, book-themed gifts and more. Tuesday and Wednesday will be student preview days, when students can order books. Thursday will be a sales day during school hours, open to the community until 6 p.m. This is a great opportunity for families to come stock up on summer reading. Friday morning, the book fair will also be open for sales, but this big event will wind up in the early afternoon. For more information, contact Ms. Cook or Ms. Frederickson in the library at 252-3059.

### E. J. King / Pusan Spring Concert

Mark your calendars for Saturday, May 29 at 2 p.m., as E. J. King High School hosts Pusan High School for a Combined Spring Concert themed 'An Afternoon on Broadway.' This first-time-ever concert will be held in the Hario Chapel, and will feature combined band and jazz choirs, as well as the E. J. King concert choir. The three ensembles will be performing a variety of Broadway hits, and the show is free and open to the entire community. Come on out and support our students for an afternoon of great music.



# Sasebo hosts Japan district administrators conference

**JO3 Rebekah Blowers**  
CFAS Public Affairs

Sasebo hosted the Japan District Administrators Annual End of Year Conference at the Harbor View Club last week.

According to Peter Grenier, Chief of Staff for Department of Defense Schools (DoDDS) Japan, District Office, Japan District School Administrators gathered together to discuss issues, share ideas and more. This is the first time the conference has been held in Sasebo, he said.

“Normally, we hold the conference in the Tokyo area, but this year we wanted to come see and enjoy a different part of Japan,” Grenier said.

He added that the administrators, including Sasebo’s own school principals, had a chance to discuss common problems and solutions.

John Mueller, Darby Elementary School principal, said that the conference helps them all to bring an effective end to the school year and that he thought it was special to have the conference in Sasebo.

“Sasebo is one of the great secrets of Japan and that’s true

within the school system as well,” Mueller said. He added that having the conference in Sasebo lets the community know that there are constructive things going on within the Administration to constantly improve and better Sasebo schools for their students.

“We’re not really close to the other schools in Japan, so this is really important to the Sasebo administration. The purpose is to bring us all together to touch base with common issues and take that back to the schools,” Mueller said.

Grenier said that some of the topics administrators discussed were reading and language arts, literacy projects and how to market schools. He also said how grateful they were to experience Sasebo and that the administrators were taking advantage of the beautiful things to see here.

“We are taking a trip to Huis ten Bosch and possibly the 99 Islands. We are trying to see all the beautiful things Sasebo has to offer during the evenings we are here,” Grenier said.

The conference ran for two and a half days, giving local administrators the opportunity to learn from schools



*Fleet Activities Sasebo Command Master Chief (SS) Bill Lowmon welcomes Japan school district administrators to Sasebo May 18. (Official U.S. Navy photo by JO3 Rebekah Blowers)*

throughout Japan and bring that information back to benefit the Sasebo community.

## EDIS focuses on Better Hearing and Speech Month

*Educational and Developmental Intervention Services*

Educational and Developmental Intervention Services (EDIS) is recognizing May as Better Hearing and Speech Month by sharing information about hearing, speech and language.

What is speech? Speech is a physical process made up of several parts: breathing, vocalization (vibration of the vocal cords which creates the sound of voice), resonance (use of the mouth, throat and nose to change the quality of the voice) and articulation (use of the lips, tongue and teeth to make specific sounds). Children may have difficulties with speech development, typically called speech delay or speech disorder.

What is hearing? Hearing is the way in which our ears detect sound. Some people may have a hearing loss and may use amplification (hearing aids). There are different types of hearing loss. Children may experience some hearing loss when experiencing ear infections. An audiologist is a hearing specialist who is able to test hearing and can be of assistance in making recommendations for medical management of hearing problems, provide specialized training and/or fit hearing aids.

What is language? Language is a mental process. Language begins with thought, converted to words and then related to others via speaking (speech), gestures/body language, facial expressions, sign language, writing and other methods of expression. Language can also be receptive, including hearing and understanding.

What is communication? Communication is the exchange of information or sharing of ideas/messages. Communication includes senders of the message and receivers. Hearing, speech and language are components of the larger process of communication.

If you are interested in learning more about communication and your child’s development, Child Find screenings are available. Child Find is a task force that identifies, evaluates and aids in coordination of services for children with special needs. Our team of professionals, which consists of a community health nurse, social worker, speech-language pathologist, occupational therapist and clinical psychologist, conducts screenings. Parents may make an appointment for a screening by calling 252-3888.

## Members of community gather to share cultures

*Released by CFAS Public Affairs*

Weather conditions in the Sasebo area didn’t stop members of the Sasebo community from gathering together May 15 at the Sakura Multipurpose room in Hario to celebrate a successful Hispanic spouses party reunion.

The event was organized by Myrna Roman, a substitute teacher at Sasebo Elementary and E.J. King School, along with the support of the Hispanic community.

People from different countries such as Puerto Rico, Dominican Republic, Bolivia, Colombia, Mexico, Honduras, Panama and Cuba, not to mention Portugal, Italy and Finland, came to celebrate.

The event was held for the Hispanic community in Sasebo to get to know each other better, share their different cultures and traditions, and to cheer up the spouses and support them while their sponsors are on deployment.

During the event there were traditional food dishes, kids, karaoke in Spanish and English and goody bags for the



*Attendees of the Hispanic spouses party reunion gather for a photo. (Photo by Boatswain’s Mate 3<sup>rd</sup> Class Malcom Spears)*

## Emergency Off-Limits Notice

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As per COMFLEACTINST 1050.3A, the Tenjin District of Fukuoka is off-limits to all SOFA-sponsored personnel from 8 p.m. – 6 a.m. The restriction has been extended 30 days until June 8.





# UPCOMING EVENTS & MOVIES

Fun for the whole family!

2004 PACIFIC TOUR

## FUNTIME REVUE

"LET'S PRETEND CIRCUS" **BECKY**  
"GREAT MAGICIAN" **ELISA**  
"THE BALLOON WIZARD" **ADAM**  
**COSMO**

THURSDAY, MAY 27

6:30 P.M.

**HARIO THEATER**

FREE!

For more information, call 252-3472.

## HAWAII & Casino Night

Saturday, May 29

6 p.m.

Sailing & Outdoor Adventure Center

Tickets on sale now at the Sailing Center.

18 years or older.

**\$15**

INCLUDES HAWAIIAN FOOD, \$300 IN LUAU BUCKS FOR GAMBLING & LOTS OF FUN!


USE YOUR WINNINGS AT THE END OF THE NIGHT TO BID ON GREAT ITEMS AT THE AUCTION!

For more information, call 252-3500.



Movie Schedule for May 21 - May 28

### FEATURED PREMIERE



**Willis** **Perry**

**The Whole Ten Yards**

Rated: PG-13

*Starring: Bruce Willis, Matthew Perry, Amanda Peet, Kevin Pollak and Natasha Henstridge*

Thanks to falsified dental records supplied by his former neighbor, Nicholas "Oz" Ozeransky, retired hit man Jimmy "The Tulip" Tudeski now spends his days compulsively cleaning his house and perfecting his culinary skills with his wife Jill, a purported assassin who has yet to pull off a clean hit. Suddenly, an uninvited and unwelcome connection to their past unexpectedly shows up on Jimmy and Jill's doorstep: it's Oz, and he's begging them to help him rescue his wife from a Hungarian mob. Together they'll have to go the whole nine yards and then some to manage the mounting Mafioso mayhem.


## SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, MAY 21	SATURDAY, MAY 22	SUNDAY, MAY 23	MONDAY, MAY 24	TUESDAY, MAY 25	WEDNESDAY, MAY 26	THURSDAY, MAY 27	FRIDAY, MAY 28
5 p.m. (PG) Scooby Doo 2	2 p.m. (PG) Scooby Doo 2	2 p.m. (PG-13) Van Helsing	6 p.m. (PG) The Prince & Me	6 p.m. (PG-13) Secret Window	6 p.m. (PG-13) Van Helsing	6 p.m. (PG) The Prince & Me	5 p.m. (PG-13) Walking Tall
7 p.m. (PG-13) Van Helsing	4:30 p.m. (PG-13) Van Helsing	5:30 p.m. (R) Never Die Alone	8:30 p.m. (PG) Agent Cody Banks 2	8:30 p.m. (R) Man on Fire	8:30 p.m. (R) The Passion of the Christ	8:30 p.m. (R) The Ladykillers	7:30 p.m. (PG-13) The Whole Ten Yards
10 p.m. (R) The Passion of the Christ	7 p.m. (R) Never Die Alone	8 p.m. (R) Dawn of the Dead					10 p.m. (R) Troy

## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, MAY 21	SATURDAY, MAY 22	SUNDAY, MAY 23	MONDAY, MAY 24	TUESDAY, MAY 25	WEDNESDAY, MAY 26	THURSDAY, MAY 27	FRIDAY, MAY 28
6:30 p.m. (PG) The Prince & Me	2 p.m. (PG) The Prince & Me	2 p.m. (PG-13) Stargate	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE	6:30 p.m. (PG) Home on the Range
9 p.m. (R) The Ladykillers	6:30 p.m. (R) The Ladykillers	6:30 p.m. (PG-13) Secret Window				 THURSDAY, MAY 27 6:30 P.M. HARIO THEATER	9 p.m. (PG-13) Van Helsing

**THE LADYKILLERS (R)**  
*Starring: Tom Hanks, Marlon Wayans, Irma P. Hall, Ryan Hurst and Stephen Root*  
The plot of an eccentric professor-turned-criminal-mastermind to commit the massive heist of a New Orleans riverboat casino appears to be thwarted by the actions of Mrs. Munson, the seemingly-innocent little old landlady of the house that he and his three accomplices are staying in. The house is crucial to their scheme because they want to dig a tunnel from the house to where the casino's money is kept. They decide that they need to remove her from the equation, but doing so might prove to be more difficult than they expect.

**VAN HELSING (PG-13)**  
*Starring: Hugh Jackman, Kate Beckinsale, Richard Roxburgh and David Wenham*  
Writer/director Stephen Sommers, the man behind the Mummy series, tackles three more classic monsters with this big-budget action-horror flick starring Hugh Jackman (X-Men, Swordfish). Jackman stars in the title role as Dr. Abraham Van Helsing, the legendary vampire slayer immortalized in Bram Stoker's Dracula. This time around though, Van Helsing has more than the blood-sucking Count Dracula (Richard Roxburgh) to contend with, as he also goes head-to-head with the Wolfman (Will Kemp) and Frankenstein's Monster (Shuler Hensley).

**TAKING LIVES (R)**  
*Starring: Angelina Jolie, Ethan Hawke, Kiefer Sutherland, Olivier Martinez and Gena Rowlands*  
When Montreal detectives handling a local homicide investigation reluctantly ask for an outsider's help to get inside the head of a cunning serial killer, Agent Scott joins the case. A top FBI profiler, Special Agent Illeana Scott is called in by French Canadian police to catch a serial killer who has spent the past twenty years taking on the identities of his victims.



After several failures, Mikasa was refloated on August 8, 1906, nearly one year after sinking at her mooring. The battleship was repaired and continued to serve the Imperial Navy until placed in reserves in 1921.



# Worship Services

## Community Chapel, Main Base

**Roman Catholic**  
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.  
**Protestant**  
Sun. 11 a.m.  
**Protestant Sunday Schools**  
Sun. 9:30 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 10:15 a.m.  
**Ladies Bible Study by Beth Moore**  
Wed. 9:30 a.m. & 6:30 p.m.- Music room  
**Christian Men’s Fellowship**  
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

## Hario Chapel

**Protestant (Traditional)**  
Sun. 9:30 a.m.  
**Roman Catholic**  
Sun. noon  
**Episcopal**  
Sat. 5 p.m.  
<http://culdee.org>  
**Protestant Sunday School**  
Sun. 9:45 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 11 a.m.  
**Ladies Midweek Bible Study**  
Wed., 9 a.m.  
**Youth Drama Group**  
Sun. 1:30 p.m.

## Lay Congregations

**Church of Christ (CEC)**  
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122  
**Jewish Community**  
Contact Religious Ministries at 252-3380 FMI  
**Nichiren Daishonin’s Buddhism (SGI-USA)**  
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165  
**New Life Christian Fellowship (CEC)**  
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332  
**Ladies Bible Study (CEC)**  
Tuesday 6:30 p.m.- Music Room FMI call 252-8632  
**Family Bible Study (Hario)**  
Wednesdays 7 p.m. FMI call 252-8632

## Off-base Congregations

**Greater Harvest Holiness Church of God in Christ**  
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712  
**Church of Jesus Christ of Latter Day Saints**  
Missionary- 252-8279  
**Lighthouse Baptist Church**  
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.  
**International Christian Assembly**  
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.  
**Iglesia Ni Cristo**  
252-2363 During working hrs.  
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

# AFN-TV Schedule May 22 - May 28

The following schedule is an abbreviated schedule. For a full schedule, please log on to [www.myafn.net](http://www.myafn.net) or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. May 22	9 a.m. - Countdown w/ Kieth Olbermann 11 a.m. - The Newshour 4 p.m. - Nightline 6 p.m. - Dateline NBC	9 a.m. - Burt Wolf’s Local Flavors 10 a.m. - Trading Spaces 4 p.m. - The View 8 p.m. - Everwood 9 p.m. - The Great Race	3 p.m. - Lizzie McGuire 7 p.m. - My Wife & Kids 8 p.m. - The West Wing 10 a.m. - Headline News	8 a.m. - Memphis Belle 9:45 a.m. - Benny & Joon 3 p.m. - Spongebob Squarepants 5:30 p.m. - That’s So Raven	8:30 a.m. - Raceline 10 a.m. - NBA 4 p.m. - Friday Night Fights 8 p.m. - NASCAR Craftsman Truck Series
Sun. May 23	9 a.m. - Washington Week In Review 10 a.m. - CNN People in The News 6 p.m. - Big Story Weekend Edition 7 p.m. - CNN Presents	9 p.m. - Music and the Spoken Word 6 p.m. - The Simpsons 8 p.m. - Joan of Arcadia 9 p.m. - American Idol	12:30 a.m. - Sesame Street Specials 3 p.m. - MotorWeek 8 p.m. - Harry Potter and the Sorcerer’s Stone	7:30 a.m. - The Entertainers 12:30 p.m. - Hour of Power 3 p.m. - Wishbone 7:30 p.m. - Army Newswatch 8 p.m. - MLB	8 a.m. - NASCAR Nextel Cup Series 1 p.m. - WNBA 4 p.m. - PGA Tour 8 p.m. - NBA 10 p.m. - Sportscenter
Mon. May 24	7 a.m. - Tim Russert 8 a.m. - Fox Report 9 a.m. - This Week 11 a.m. - 60 Minutes 4 p.m. - Beltway Boys 8 p.m. - Good Morning America	10 a.m. - Law & Order 2 p.m. - Desperately Seeking Susan 5 p.m. - The Simpsons 8 p.m. - Monster Garage	10 a.m. - The Dr. Phil Show 11 a.m. - The Oprah Winfrey Show 4 p.m. - I Spy 7 p.m. - 60 Minutes	8:30 a.m. - Seinfeld 12:30 a.m. - Meet the Press 3:30 p.m. - Wheel of Fortune 7:30 p.m. - Judge Judy 8 p.m. - Today 10:30 p.m. - Digimon	9 a.m. - MLB 12 a.m. - SportsCenter 4 p.m. - PGA Tour 8:30 p.m. - NASCAR Nextel Cup Series
Tues. May 25	7 a.m. - Headline News 8:30 a.m. - CBS Evening News 10 a.m. - Hannity & Colmes 6 p.m. - CNN Daybreak	9:30 a.m. - The Cosby Show 6 p.m. - Monk 7 p.m. - The Practice 8 p.m. - Inside the Actor’s Studio 10 p.m - Stuart Little	1 p.m. - Access Hollywood 3 p.m. - Arthur 5 p.m. - Jeopardy! 7 p.m. - 7th Heaven 8 p.m. - Ocean’s Eleven	8 a.m. - NBA 12 a.m. - Headline News 3 p.m. - Sagwa 5:35 p.m. - Guiding Light 6:17 p.m. - General Hospital	8 a.m. - NHRA Auto Racing 12 a.m. - AFL 1:30 p.m. - NBA Fastbreak 4 p.m. - French Open Tennis
Wed. May 26	8 a.m. - ABC World News Tonight 12 p.m. - BET Nightly News 2 p.m. - Newsnight w/ Aaron Brown 7 p.m. - The O’Reilly Factor	10 a.m. - Ally McBeal 6 p.m. - American Idol 8 p.m. - Frontline 10 p.m. - Days of Thunder	11:30 a.m. - ESPNews 3 p.m. - Between the Lions 7 p.m. - 8 Simple Rules 9 p.m. - The O.C.	8 a.m. - NBA Hangtime 3 p.m. - Blue’s Clues 4:46 p.m. - The Oprah Winfrey Show 7 p.m. - Headline News	8 a.m. - Motorcycle Racing 2 p.m. - Sports Specials 4 p.m. - MLB 8 p.m. - NHL 11 p.m. - NBA Fastbreak
Thurs. May 27	7:30 a.m. - NBC Nightly News 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - 60 Minutes II	8 a.m. - The Wild Thornberrys 2 p.m. - Masterpiece Theatre 6 p.m. - American Idol 8 p.m. - Becoming American’s	9 a.m. - Play With Me Sesame 3 p.m. - Disney’s Hercules 7 p.m. - 39th Annual Academy of Country Music Awards	8 a.m. - 4 QTRS 12 p.m. - Headline News 2 p.m. - Sesame Street 3 p.m. - Play With Me Sesame 3:30 p.m. - Wheel of Fortune	7 a.m. - Sportscenter 11 a.m. - MLB 4 p.m. - Ballroom Boxing 7 p.m. - French Open Tennis
Fri. May 28	1 p.m. - Larry King Live 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8:30 a.m. - Squarepants 3 p.m. - The X-Files 6 p.m. - The Dead Zone 7 p.m. - Boston Public	9 a.m. - NHL 3 p.m. - House of Mouse 4:30 p.m. - As Told by Ginger 8 p.m. - The Apprentice 9 p.m. - Alias	9 a.m. - NHL 2 p.m. - Sesame Street 3:30 p.m. - Wheel Of Fortune 5:35 p.m. - Guiding Light 11 p.m. - Ozzy & Drix	8 p.m. - Ballroom Boxing 3 p.m. - SportsCenter 4 p.m. - MLB 8 p.m. - NHL 11 p.m. - AMA Motocross

# Non-Profit Organizations

**Al-Anon**  
090-8229-7048, 090-9602-4353  
**Alcoholics Anonymous**  
090-9602-4353, 090-8229-7048  
**CFAS Wardroom Association**  
252-3452  
**CPO Association**  
252-3521  
**Guardian Angels**  
Spouse support group. 090-5945-2150  
**MCM Spouse Support Group**  
252-7235  
**USS Essex Family Support Group**  
0956-32-2177  
**Nippon Lodge Number 9**  
252-3481  
**Officers' Spouses' Club**  
252-7345  
**Sasebo Bluejackets Association**  
E-1 to E-6 personnel. 252-3481

**Sasebo Eagles Little League Club**  
<c30-dd@cfas.navy.mil>

**Sasebo First Class Association**  
Shore Duty E-6’s. 252-2181/3347  
**Thrifty Treasures**  
252-8940  
**USA Girl Scouts Overseas**  
0956-49-5273  
**USO**  
252-3959  
**Navy League, Sasebo Council**  
252-3109  
**Exceptional Sailor Program**  
Shore Duty E-4 and below, 252-5525  
**Sasebo Homeschool Support Group**  
252-8195, 0956-58-7875  
**Filipino American Association**  
252-8361, 080-3228-5809

# Community Numbers Branch Medical

## Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.  
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.  
Wednesday 8:30-11:30  
Appointment Line: 252-2550  
Hario Annex Clinic: 252-8770  
Online Medication Refill: <[www.nhyoko.med.navy.mil](http://www.nhyoko.med.navy.mil)>  
TRICARE Health Line: 005-3111-4621  
TRICARE Enrollment: 252-2572

## EMERGENCY NUMBERS

On Base: 9-1-1  
Off Base: 0956-23-9911  
Patient Comment Line: 252-2536  
Or send e-mail to: <[SASOIC@nhyoko.med.navy.mil](mailto:SASOIC@nhyoko.med.navy.mil)>

## Branch Dental

### Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.  
Wed. (Hario closed) 7:15 - noon  
Sick Call 7:15 - 9 a.m.  
Main Base: 252-3886  
252-3747  
Hario: 252-8977  
**EMERGENCY NUMBERS**  
After Hours: 252-2550  
252-2551  
Cell: 080-5059-6754

## CFAS Security

Lost and Found 252-2392  
Desk Sergeant 252-3446 or 3447  
Security Operations Officer 252-2371  
Security Administration 252-2386

## Fire Department

Fire Prevention Offices  
Main Base & Hario 252-2142/2162  
Ordnance Areas 252-2166  
FISC Areas 252-2163

Business lines  
Information/Dispatcher 252-3408  
252-3518  
Administration 252-2141  
Secretary 252-2143  
Assistant Chief of Training 252-2149  
Assistant Chief of Prevention 252-2139  
Fire Chief 252-2147

## Other numbers

Command Chaplain 252-3380  
Fleet & Family Support Center 252-3604  
CFAS Quarterdeck 252-3311  
Navy Relief Society 252-3366  
CFAS Public Affairs (Shore-based commands) 252-3409  
CTF-76 Public Affairs (Sea-based commands) 252-2131  
USO 252-3959  
Navy Lodge 252-3608  
AFN 252-3869  
1575 Thunder Radio 252-1575  
Command Connections 252-2290



# CFAS servicemembers participate in spring cycle PFA

**JO3 Rebekah Blowers**  
*CFAS Public Affairs*

Members of Fleet Activities Sasebo participated in their Physical Fitness Assessments (PFAs) the last two weeks.

According to Culinary Specialist Senior Chief (SW) Guy Gagui, command fitness leader, this spring cycle of the PFA is important for servicemembers.

“It’s important to make sure everyone is physically fit. [This test] helps the command distinguish between those people who are physically fit and those who do not meet the standards,” Gagui said.

Master-at-Arms 3<sup>rd</sup> Class Amber Mathwig, from CFAS Security Detachment, said everyone worked together to push each other through the test.

“It helps with camaraderie because nobody is going to pass a shipmate without saying ‘Come on, let’s go, you can do it.’ I heard it from everyone and I did it myself,” Mathwig said.

Master-at-Arms 2<sup>nd</sup> Class Brandon Brooks, also from CFAS Security, said this has been the best PFA he has



*A Master-at-Arms 3<sup>rd</sup> Class does the push-up portion of his PFA May 18. (Official U.S. Navy photo by JO3 Rebekah Blowers)*

seen in Sasebo. “This one has been better on a morale and camaraderie

level because more people are pushing each other to make sure their shipmates pass as well,” Brooks said.

Mathwig stressed how important it was for everyone to keep up their physical fitness year-round.

“Ever since I joined the Navy, I realized going to the gym is not good for me just physically, but mentally as well,” Mathwig said. She added that preparing for the PFA also helps her on the job.

“[Working out] keeps your legs and knees strong for standing post all day long and keeps your energy level up at work,” Mathwig said.

Brooks said he feels it is important for him to be in standards, simply because he is in the military.

“People look at us and think we are the best of the best,” Brooks said. “You don’t want just anybody defending you, you want people who are in shape.”

Gagui said that if servicemembers don’t meet standards, they are put in a Fitness Enhancement Program (FEP). Servicemembers will be enrolled in FEP for 12 months and have to pass two consecutive PFA cycles to be discontinued from the program.

## Sasebo dentist receives COACE Award

*Branch Dental Clinic Sasebo*

Fleet Activities Sasebo, (CFAS) Branch Dental Clinic recently had one of their dentists, Lt. David Stinchfield, chosen as the top dentist for U. S. Naval Dental Center Far East. In competition with dentists from Sasebo, Atsugi, Yokosuka and Guam, he was selected to receive the 2004 Commanding Officer’s Award for Clinical Excellence (COACE). For his selection, he was awarded the Navy Achievement Medal.

The award cites his superior leadership and clinical expertise treating 1500 patients and completing dental procedures valued at over \$300,000. The citation further notes that he routinely treated complex patients and saved thousands of dollars in referral costs for the Navy. Eager to support the Navy mission, he volunteered to deploy with the USS Juneau (LPD 10) and served as the dental department head during a training cruise to Yokosuka.

“Winning the award is quite an accomplishment for Stinchfield and the clinic. He was up against stiff competition both locally and from other branch clinics. There are many talented and very impressive clinicians in the command, and he was voted the best. Selection criteria for COACE included quality of care provided, performance, leadership, and

professional development,” said Capt. J. N. Saiku, Clinic Director at Branch Dental Clinic.

As a general dentist at Sasebo, Stinchfield treats a variety of patients and he has a large following of patients who want to be treated only by him. Asked if he wanted to specialize, he said that someday in the future he might specialize as an oral maxillofacial surgeon or as an orthodontist. But for now, he enjoys all aspects of dentistry and enjoys being a general dentist.

In addition to his clinical duties, Stinchfield is the Dental Clinic Division Officer and the Infection Control Officer. In case of medical emergencies, he is assigned as a Triage Officer to sort through and prioritize injured patients for medical treatment.

“This is an award that definitely reflects upon the Branch Dental Clinic Sasebo team as a whole,” Stinchfield said. With the continued support of clinical staff, from dental technicians to front desk staff to our lab technician to fellow officers, all had some impact on this award. I am appreciative of each one of them and their hard work and efforts. I love doing dentistry, I love meeting new people, I love seeing us work as a team to attain our common goal and we have fun while doing it! This common goal of ensuring our active duty members are operationally ready, that family members, retirees, and DoD civilians are well taken care of, is what we are here for. It is exciting to have new challenges each day and not be afraid to try something new and interesting. Being able to face each one of these challenges, and overcome them, is very fulfilling.”

The Sasebo community is truly fortunate to have dental officers of the caliber of Stinchfield and the entire dental staff to take care of our oral health needs.



*A Sasebo dentist (left) and his assistant work on a patient at Branch Dental Clinic Sasebo. (Released by CFAS Public Affairs)*

## SES students enjoy field day

**Beth Martin**  
*Sasebo Elementary School*

Students at Sasebo Elementary School (SES) had fun while exercising during the annual Sports Day on May 12.

By participating in games such as the gathering relay, sponge bucket relay, and ping pong soup, the students, grades Pre-kindergarten through six, were able to use physical and mental skills they had been learning throughout the year. Ms. Chris Rhueble, the Physical Education teacher and creator of the Sasebo Elementary Sports Day, stresses that the games are all noncompetitive and designed to be fun.



*A second grader stretches before Sports Day. (Photo by Beth Martin)*

Sports day has been held for 22 years at SES and has been rained out only once. The weather cooperated yet again and a rainy spell broke just for the day. The day was warm but not hot, perfect for the running, jumping and soaking that awaited the students. Parents from the community and volunteers from the Fort McHenry set up the 14 different games for the day. Filling wading pools with water, mixing yen in sand for the Coins in the Desert Game and inflating beach balls for the Beach Ball Buddies game were only a few of the ways they helped during the day. Later, after the students had warmed up in the gym the volunteers manned each station and helped explain the games. At the end of the morning the students were exhausted and very hungry but they had had a day they will always remember. It was a day spent having fun, practicing teamwork, cooperation and physical fitness.



# Base, community announcements

## Memorial Day Services at Soto Dam

The Sasebo Chief Petty Officers Association, Blue Jackets Association and the Kyushu Military Retired Association will make their annual homage to Soto Dam on Sunday, May 30. Services will begin at 12 noon, transportation will be provided. The bus will leave the Showboat Theater at 11 a.m. and return at 1:30 p.m. If you would like to use the transportation provided, please contact OS1 (SW) Hermosura at 252-2342 or email [c30hg@cfas.navy.mil](mailto:c30hg@cfas.navy.mil). Uniform for active duty will be summer whites, other guests are requested to wear appropriate civilian attire.

## Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5639 for more information.

## Temporary Vehicle Pass

SOFA members and MLC/IHA employees who are authorized to have a permanent vehicle pass (Decal/Base Sticker) are now allowed to get a Temporary Vehicle Pass (TVP) issued for a newly purchased Privately Owned Vehicle (POV), at the vehicle inspection area which is located by the Tategami Gate. MLC/IHA employees are no longer required to submit an application for a vehicle access pass. Simply go to the vehicle inspection area, present a vehicle registration form and insurance to the security personnel, get your POV inspected and a TVP will be issued to enter Main Base. The TVP is valid for twenty four hours. In case of weekends and holidays, a TVP is valid until the next working day of the Vehicle Registration Office (VRO) and the security pass office. Go to VRO or the pass office, return the TVP, present the necessary paperwork to the staff and then the appropriate vehicle pass will be issued. This procedure also applies to SOFA members who wish to drive Japanese rental cars onto base and SOFA members who drive POVs which road tax is not paid. For any questions, please call VRO at 252-2378/2377 or the pass office at 252-2373/3692.

## Voter Registration

The Staff Judge Advocates Office (SJA) will be setting up a booth in the Bayside Food court starting May 18 on Tuesdays and Thursdays from 11 a.m. until 1 p.m. The booth will be for assistance with absentee ballot registration cards. For more information contact the SJA's office at 252-2103/3385.



## Post Office Closure

Main Base and Hario Village Post Offices along with CFAS Logistics Department will be closed May 21, for a departmental function. Please excuse any inconvenience that this may cause.

## Asian Pacific Heritage Month

The events that have been scheduled for Asian Pacific Heritage Month are as follows: Sunday May 23-There will be a cultural dance and luau. FIL-AM and CFAS volunteers will provide a Philippine cultural dance, Hawaiian Hula dance and songs. Brunch starts at 10 a.m. until 2 p.m. at the Harbor View Club. The dance starts at 11:30 am. until 12:30 p.m. Tickets are available at the Harbor View Club. Wednesday May 26-There will be food tasting of different Asian delicacies in front of the Fleet Exchange at 10 a.m.. Please bring a dish of your native food. For more information please call 252-5563.

## Passports

An earlier article in the Sasebo Soundings reported that the rules for getting passports had changed to require that all first-time applicants for passports must appear in person, including newborn babies. This has since been clarified. According to the U.S. Embassy in Tokyo, children of military, DOD or SOFA sponsored civilians do not need to travel to Tokyo but instead can appear before the designated passport agent on base. The agent on base in Sasebo is at PSD Transportation. For more information please visit the U.S Embassy website: <http://tokyo.usembassy.gov> or call the NLSO at 252-3347.

## USS Juneau Families

Courtesy of Capt. K.E. O'Flaherty USS Juneau Commanding Officer, families can enjoy a free meal at the Harbor View Club

until June 12. Certificates can be obtained at the Harbor View Club Cashier's Cage. Simply identify yourself as a Juneau spouse, show your military identification card and initial the roster. For more information contact the command ombusman at 252-8184.

## Vet Clinic

The Vet Clinic is cleaning out their records. If you have a pet in Sasebo that has not been seen over the past 12 months please call the clinic to make sure that your animal's record is up to date. For more information, contact the Vet Clinic at 252-3585.

## USO Sales

USO's upcoming vendor sales for May: Raymond Ko Jewelry will be at Nimitz Park May 19 - 24. Call 252-3873 for more information.

## Home Schooling

If you are interested in homeschooling or are currently homeschooling your children, we are here for friendship and support. Join us for picnics and field trips throughout the summer. FMI, call Mary 252-8195 or Kathleen 0956-58-7875.

## Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

## Worship Service Cancelled

Due to a scheduled power outage on Main Base on Sunday, May 30, the regularly scheduled 11 a.m. Protestant Worship Service will be cancelled. However, a special Protestant Baptismal service will be held at the Sasebo Kashimae Pier area at 9 a.m. For more information call 252-2150.

## NEX Notes

Furniture Sale	Now - May 23
Sight & Sound	Now - May 23
NEX Sale	Now - May 23
NEX Sale	May 26 - 31
Memorial Day Specials	May 29 - 31
Buyer's specials	June 01 - 06
Furniture Sale	June 01 - 15

**School Lunch Ticket Refunds**  
School Lunch Ticket refunds will be issued at the Main Store customer service from May 24 until July 9.

## Sale into Summer and Memorial Day 3-Day Specials

Our NEX sale starts May 26. Specials on entire stock of swimwear for the family, 25% off entire stock of beach towels, 20% off entire stock of ladies' sandals. Memorial Day Sale starts on Saturday, May 29 until May 31. Sales offer 40% off entire stock of foundations, 30% off all regularly priced 14k gold chains and bracelets, 20% off all sandals for the family, take an additional 30% off clothing, shoes, accessories, intimate apparel, domestics and more ending in .96 and .97.

**Itoen Japanese Tea**  
Itoen is a famous company in Japan that produces a variety of teas to suit Japanese taste. The teas are sugarless and contain vitamin C. A variety of teas are available at the Mini-Mart including Ocha Green tea, Mineral Mugu Tea, Jasmin Tea, and Gold U-Ron Tea.

**Mini-Mart New Item**  
The following items are new arrivals: Rice A Roni Chicken Flavor, Rice A Roni Spanish Rice, Rice A Roni Beef Flavor, Pasta Roni Fettuccine Alfredo, Pasta Roni Parmesan Homestyle Deluxe, Old El Paso No-Fuss Fajita Dinner Kit, Old El Paso Taco Dinner Kit, Hamburger Helper, Chili Macaroni, Quick Cook Beef Flavor Super Bowl Ramen, Cinnamon Toast Crunch, Coco Manila Coconut Milk, Mountain Dew Live Wire.

**Cool Sensation**  
Dunkin' Donuts offers great varieties of Iced Dunkin' Original. Stop by Bayside Foodcourt and refresh yourself with an Iced Coffee or Coffee Coolatta.

## Birth Announcements

A service of FFSC New Parent Support and *Sasebo Soundings*

**Kimiko Denise Cook**  
Born at 5:55 a.m. April 12 in Dr. Higashijima's Ladies Clinic to Mother, Kristina M. Cook, and Father, MA1 Samuel Thomas Cook of CFAS Security Department. Kimi-chan weighed 7 pounds 9 ounces at birth. Big brother Lancelot is very happy to have a baby sister to play with.

**Justin Takeshi Lam**  
Born at 11:57 a.m. April 30 in Dr. Higashijima's Ladies Clinic to Mother, Teruyo Tanaka Lam, and Father, ET2 Khoa Lam of CFAS Security Department. Justin weighed 7 pounds 6 ounces at birth.

*Congratulations to these proud parents and welcome to this wonderful new addition to our Sasebo Navy family.*

See LaDonna Kolman, FFSC-Sasebo New Parent Support Nurse, to have your baby's birth announced in *Sasebo Soundings*.



CLASSIFIEDS

VEHICLES

(Exp. May 29) **1995 Toyota Lucida Estima**, JCI '06, asking \$4800. Call 252-7180. \*\*\*\*\*

(Exp. May 29) **1988 Harley Davidson**, asking \$7000. Call 090 7534 9582. \*\*\*\*\*

(Exp. May 29) **1989 Toyota Van**, asking \$300. Also selling **1988 Yamaha Virago Motorcycle**, asking \$300. Call Tess 252-8599 or 090 1879 6259. \*\*\*\*\*

(Exp. May 29) **1997 Nissan Stationwagon**, JCI '04, asking \$3000 obo. Call 252-2322. \*\*\*\*\*

(Exp. May 29) **1996 Honda Stationwagon**, JCI '05, asking \$4300. 1993 Nissan Sunny, JCI '06, asking \$1500. Call 090 7396 9753. \*\*\*\*\*

(Exp. May 29) **1997 Nissan Stationwagon**, asking \$3000 obo. Call 090 7295 9046. \*\*\*\*\*

(Exp. May 29) **1991 Toyota Corona**, JCI '05, asking \$1000 obo. Call Beth 252-7300 or 090 5725 5463. \*\*\*\*\*

(Exp. May 29) **1992 Nissan Serena Van**, JCI '06, asking \$3000 obo. Call Jovie 252-8354 or 090 4483 9230. \*\*\*\*\*

(Exp. May 29) **1995 Honda Integra**, JCI '06, asking \$3500 obo. Call Melanie 252-8602 or 080 3222 7043. \*\*\*\*\*

(Exp. May 29) **1994 Mazda Familia**, JCI '05, asking \$1000 obo. Call 252-7351. \*\*\*\*\*

(Exp. June 5) **1991 Honda Motorcycle**, JCI '06, asking \$1600. Call 252-8122 or 090 5929 7031. \*\*\*\*\*

(Exp. June 5) **1989 Toyota Van**, JCI '05, asking \$1800 obo. Call 090 4488 9388. \*\*\*\*\*

(Exp. June 5) **1992 Toyota Grand Mark II**, JCI '06, asking \$2500. Call Teresa 25 9287 or 090 1164 4926. \*\*\*\*\*

(Exp. June 5) **1993 Nissan Primera**, asking \$2300. Call 252-7260. \*\*\*\*\*

(Exp. June 5) **1992 Honda Accord**, asking \$1800. Call 252-7260. \*\*\*\*\*

(Exp. June 12) **1995 Mitsubishi Chariot**, asking \$2800. Call Suzanne at 22 7393. \*\*\*\*\*

(Exp. June 12) **1993 Toyota liteACE**, JCI '06, asking \$2000 now after second week of june, asking \$1500. Call 38 8743 or 090 3799 0754. \*\*\*\*\*

(Exp. June 12) **1989 Honda Legend**, asking \$1000 obo. Call B.J. Talaro at 252-8458 or 090 1191 9650. \*\*\*\*\*

(Exp. June 12) **1995 Nissan Prairie**, JCI '04, asking \$2500. Call Sean 252-8441/8977. \*\*\*\*\*

(Exp. June 12) **1994 Honda Rafaga**, JCI '05, asking \$1800 obo. Call Scott 080 3944 6046. \*\*\*\*\*

(Exp. June 12) **1994 Mazda Familia**, JCI '05, asking \$800 obo. Call Steve 252-7351 or 080 3228 5791. \*\*\*\*\*

(Exp. June 12) **1995 Mazda Proceed 4WD SUV**, JCI '04, asking \$3500 obo. Also selling **1991 Toyota Supra Twin Turbo**, JCI '05, asking \$2900 obo. Call Barbara 090 2088 3532. \*\*\*\*\*

\*\*\*\*\*

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

\*\*\*\*\*

MISCELLANEOUS

(Exp. May 29) Entertainment center, fits up to 32" TV \$50, Georgia O'Keefe Southwestern print, blue tones with decorative cut matt 38" x 32" \$40, Heated rollers \$10. Call 252-7186. \*\*\*\*\*

(Exp. May 29) Three light wood cabinets, in excellent condition. \$15/ea obo. Call Gina at 090 4221 9211. \*\*\*\*\*

(Exp. May 29) Lost cat- adult, male, long solid yellow haired. Lost in vicinity of security, vets and Paws and Claws. Lost Tuesday evening. Call Sandra at 34 5321 or 090 5024 7139. \*\*\*\*\*

(Exp. May 29) Sofa, asking \$300. Call 252-7180. \*\*\*\*\*

(Exp. May 29) AFN Satellite Dish, \$30. FMI, call Tim at 090 9796 2302. \*\*\*\*\*

(Exp. June 5) Phone rights for sale \$300. Call Teresa 25 9287 or 090 1162 4926. \*\*\*\*\*

(Exp. June 5) Metal shelves \$75/ea, Punching bag w/ gloves \$25. Call 252-8599 or 090 1879 6259. \*\*\*\*\*

(Exp. June 5) Phone rights for sale \$150, will be

available May 27. Call 47 5878 or contact A Reid at E.J.King. \*\*\*\*\*

(Exp. June 5) SkyPerfect Satellite Dish w/accessories \$75, ceiling light fixtures \$20/ea, Delonghi Retro Convection Oven \$250, Tatami closet drawers \$5/ea. Call Tamara 252-7373. \*\*\*\*\*

(Exp. June 5) Four year old Cat needs good home, loveable, playful. Can't take her back to US. Call 252-3150/8355 or 090 9590 1506. \*\*\*\*\*

(Exp. June 5) Vagabond 42ft sailboat, ketch-rigged, center cockpit. Beautiful liveaboard and world cruiser in excelent condition. Ready to sail anywhere. Main cabin with king sized berth, twin bunk beds in second cabin, two heads w/showers, propane fireplace/heater, large galley with three burner propane stove, oven, microwave and refrigeration. 85hp Ford Lehman diesel engine, watermark, full electronics and much more. Located in Sasebo, Japan. Asking \$120,000. For more information call 090 3882 8616 or email secondwinds53@hotmail.com \*\*\*\*\*

(Exp. June 12) Phone rights for sale available now for \$300 or \$225 after second week of June. Call 38 8743 or 090 3799 0754. \*\*\*\*\*

(Exp. June 12) AFN satellite dish w/balcony bracket \$30. Call 252 8385. \*\*\*\*\*

(Exp. June 12) High quality Italian black leather loveseat and chair \$250. Call Beth 252-7300 or 090 5725 5463. \*\*\*\*\*

(Exp. June 12) Two real mink coats, Long black new \$1200, Blue-grey rare color \$1500, Coffee table \$50, Loveseat \$75, Recliner \$75, Speaker box w/ two 15" speakers \$200, Two 10" kenwood subwoofers \$50, Laptop computer \$200. Call Scott 080 3944 6046. \*\*\*\*\*

(Exp. June 12) Sofa \$100, Loveseat \$200, Rocking chair \$100, Proform treadmill \$300, Dog crate (sml) \$25, 23" boys bike w/helmet, bell and pads \$50. Prices flexible. Call Lynn 252-8690 or 090 2006 1664. \*\*\*\*\*

\*\*\*\*\*

HOME BUSINESS

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IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI. \*\*\*\*\*

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra. \*\*\*\*\*

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555. \*\*\*\*\*

Need a translator? Need someone who can talk to a Japanese person? Anything you can think of, I can translate! If you ever need to negotiate: bills, phone rights, cable TV hook-ups, Cho/Landlord issues, car buying, insurance, car registration. I speak fluent English and Japanese and can provide confidential services like: birth certificates, divorce paperwork, marriage paperwork, City Office visits, hospital/doctor visits. Call Victoria at 090-7445-1853. \*\*\*\*\*

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You. \*\*\*\*\*

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. maori@post.cc.sasebo.ac.jp or 31-2863. \*\*\*\*\*

Experienced in teaching to children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090-4221-9211. \*\*\*\*\*

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080-5050-6010. \*\*\*\*\*

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080-5211-0174. \*\*\*\*\*

Experienced Math Tutor. Does your child need some

additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via e-mail ninasilverman@hotmail.com or call 080-5211-0174 to set up a lesson. \*\*\*\*\*

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300. \*\*\*\*\*

Are you and your friends interested in learning conversational English? Children and adults welcome, day or evening lessons. Call Tricia at 252-8626 or 090-7537-8926. \*\*\*\*\*

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169. \*\*\*\*\*

French language tutor. Pierre 090-3734-3509 or <cramoisii@hotmail.com> \*\*\*\*\*

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890. \*\*\*\*\*

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090-5024-7139 or 34-5321 \*\*\*\*\*

Pacific Pixels Photography Specializing in family, silhouette adn kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxed time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail shirley@pacificpixels.com \*\*\*\*\*

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School). \*\*\*\*\*

English Language Instructor-Call for lessons at 25-6563. \*\*\*\*\*

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34-7957. \*\*\*\*\*

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888. \*\*\*\*\*

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 0956-39-2815. Check us out on the web;www.mdphotography.net. \*\*\*\*\*

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment. \*\*\*\*\*

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996. \*\*\*\*\*

HELP WANTED

These ads are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information.

Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7 \*\*\*\*\*

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. To be fully qualified, applicants must have a high school diploma. 15 college credit hours preferable. J.N. Darby has IMMEDIATE openings for Education Aides. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills. Minimum Qualification requirements: ABILITY TO PROVIDE SPECIALIZED SERVICES TO INDIVIDUALS WITH DISABILITIES. Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals. \*\*\*\*\*

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 30 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly @ 252-3963, for more information. Prior cash handling and customer service preferred. \*\*\*\*\*

CENTRAL TEXAS COLLEGE

Central Texas College is currently looking for evenings instructors in the following areas: Business Management, Human Resource, English, Speech, Computer Science, Developmental Math and Physical Education. We are also looking for distant learning instructors in the following areas: Accounting, English and Government.For more information, please contact the local field advisor at 252-3730oremail sasebo-fa@ctc-japan.com \*\*\*\*\*

J-PHONE

J-Phone, Sasebo Military Division is looking for part time applicants.If interested, please send your resume to: jphone\_sase@poem.ocn.ne.jp or contact J-Phone at 252-3563. \*\*\*\*\*

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956. \*\*\*\*\*

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO. \*\*\*\*\*

USO

Full time Duty Manager, Sasebo USO. Flexible Schedule, 30-40 hours per week. Individual needs to be detail oriented so they can run USO centers in accordance with the agreed procedures and maintain customer service. Position open until filled. Responsibilities include; Open and close area centers. Previous experience in retail/coffee shop service, cash handling and customer service preferred. Hired employees will cross train to run either center. You can pick up the application at either USO center, Fleet Landing or Nimitz

Park. Call DJ Stanhope for more information at 252-3873/3866. \*\*\*\*\*

MWR

**REGULAR FULL-TIME POSITION:**  
Sailing Center  
**Maintenance Worker**, \$10.29/hr. Open until filled.  
Theater  
**Theater Manager**, NF-03,\$21,000 to \$55,000 per annum. Open until filled.  
Marketing  
**Publicity Assistant**, NF-02, \$8.39/hr. Open until filled.  
**FLEXIBLE POSITIONS:**  
Youth/Teen Center (HV/MB). SSN Required  
**Recreation Aide**, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)  
**Recreation Aide**, \$6.50/hr. (Summer hire:Open for high school students only)  
Child Development Center (MB). SSN Required  
**Education Aid**, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr  
Bowling Center  
**Cashier/ Checker**, \$6/hr  
**Cook**, NA-04, \$9.58/hr  
Sailing & Outdoor Recreation Center  
**Recreation Assistant** (Sailing), NF-02, \$8.39/hr  
**Recreation Assistant** (Paintball), NF-02, \$8.30/hr  
Theater (Showboat/Hario)  
**Snack bar Clerk**,NF-01, \$6/hr  
Facilities  
**Tools & Parts Attendant**, NA-05, \$8.66/hr  
Fleet Fitness Center  
**Recreation Aide** (Gear Issue), NF-01, \$6.00/hr  
**Recreation Assistant** (Phys. Fitness), NF-02, \$8.39/hr  
Swimming Pool (HV/MB)  
**Lifeguard**, NF-01, \$6.50/hr (Must have certification for Lifeguard & CPR)  
**Lifeguard with Water Safety Instructor** (WSI) Certification, NF-01, \$7.00/hr  
Galaxies  
**Bartender**, NA-05, \$8.66/hr  
**Cashier**, NF-01, \$6/hr  
**Club Operations Assistant** (Duty Manager), NF-02, \$8.39/hr  
**Cook**, NA-04, \$9.09/hr  
**Video & Sound Equipment Technician**, NA-07, \$10.29/hr  
Harbor View Club  
**Club Operation Assistant** (Duty Manager), NF-02, \$8.39/hr  
**Waiter/Waitress**, NA-02, \$7.61/hr \*\*\*\*\*

NEX

Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.  
Navy Lodge Office Clerk, NF-6145-01,\$8.50/hr  
Customer Service Clerk, NF-2091-01,\$6.20/hr  
Open Conituios Felxible Vacancies (OC'03) Main Base & Hario  
**Barber**, NA-7603-07, \$9.78/hr  
**Beautician**, NA-7641-07, \$9.78/hr  
**Sales Clerk**, NF-2091-01, \$6.00/hr  
**Desk Clerk**, NF-1176-01, \$6.00/hr  
New Flexible Vacancies (Main Base)  
**Desk Clerk**, NF-1176-01, \$8.00/hr  
**Sales Clerk**, NF-2091-01, \$6.00/hr, Main Store, Open until filled.  
**Sales Clerk**, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.  
**Customer Service Clerk**, NF-2091-01, \$6.20/hr, Fleet Store, Open until filled.  
**Office Clerk**, NF-6145-01, \$8.50/hr, Navy Lodge, Open until filled.  
New Flexible Vacancies(Hario)  
**Sales Clerk**,19-03, \$6.00/hr, Hario Home Store/Gas Station, Open until filled. \*\*\*\*\*

HRO

**Store Worker** (WG-6914-04) DECA, Sasebo, Open Continuous Position  
**Store Worker**(WG-6914-04) DECA, Hario, Open Continuous Position  
**Sales Store Checker** (GS-2091-03), DeCA, Sasebo, Open Continuous Position  
**Sales Store Checker** (GS-2091-03) DeCA, Hario, Open Continuous Position  
**Education Aid/Technician**(GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position  
**Education Aid/Technician**(GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position  
**Recreation Aid(Lifeguard)**(GS-189-02), MWR, Main Base. Close: Open until filled  
**Recreation Aid(Lifeguard)**(GS-189-02), MWR, Hario Close: Open until filled  
**Education Aid/Technician**(GS-1702-02/03/04), MWR, Main Base Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position  
**Education Aid/Technician**(GS-1702-02/03/04), MWR, Hario Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position  
**Housing Manager** (GS-1173-05), CNFJ Housing, Open until filled.  
**Production Controller** (GS-1152-09), SRF, Open: 4/07/04 1stC/O: 4/22/04 Close: Open until filled.  
**Purchasing Agent** (GS-1105-04/05/06), MWR Open: 5/5/04 1st C/O: 5/19/04 Close: Open until filled.  
**Child Development Center Director** (GS-1701-09), MWR, Open: 5/17/04 1stC/O: 5/24/04 Close: Open until filled.  
**Social Services Representative** (GS-0187-07), FFSC, Open: 5/15/04 1stC/O: 5/25/04 Close: Open until filled.



MWR Athletics  
252-3588

# SASEBO SPORTS

Sasebo Sports  
Report  
252-2290

## Fitness tip: Make time to exercise

Alec Culpepper  
MWR Fitness & Aquatics Director

Many beginning exercisers quickly drop out because they don't habitually plan their exercise. Try these strategies for taking control of your exercise routine.

1. Pencil yourself in. Just as you write down other important appointments, you need to literally pencil in a time for your exercise.

2. Alternate exercise and rest days. Exercising every other day gives you much more flexibility.

3. Life happens, so be prepared. Sure, there will be days when unexpected events rob you of the time for your planned exercise and the earth won't stop revolving as a result. But if you leave a bag full of exercise gear stashed in your car, you may be able to sneak in a training session during other unproductive pockets of time during the day. So when your schedule changes—and it will—just change with it.

## Sports Results:

Sasebo Golf Club Championship: May 15, Tsukumo Golf Course

Champions Flights:

Championship Flight Champion: Toshiyuki Tanaka 88 (0) 88 Scratch

Master Flight Champion: Christopher Alford 82 (11H) 71

Fleet Flight Champion: Randall Vavra 97 (21H) 76

Hacker Flight Champion: Willy Delossantos 100 (32H) 68

Gorilla #7- Guy Burleson

Gorilla #12- Rich Miller

Closest to Pin #8- Christopher Alford

Closest to Pin #11- B.J. Talaro

Longest Drive #4- Saikusa Hidzaki

Longest Drive #16- Christopher Alford

## Eagles first victory 6 - 0 vs Fukuoka

Dean Dittberner  
Sasebo Eagles Little League Coach

The Sasebo Eagles Little League received their first victory of the season last weekend when they defeated the Fukuoka Chuo Little League 6-0 by virtue of a forfeit. When announced, the kids all jumped in the air and congratulated each other. The Sasebo Eagles finished third in their round robin bracket going 1-2.

Shortly after, the team played Nagasaki Chuo in a scrimmage game with Nagasaki Chuo coming out on top 4-2. Coach Fargo credited great pitching by Alex McClintock for the close game. "We had our chances on the base paths but just could not get the runs across when we needed them."

Coach Smith noted some great performances at defense with Ryan Wagner snagging a sharply hit line drive, Nathan Kugel gunning down a runner at second base from left field and Stephan Vaughn making a great over-the-head running catch in right field to take a sure double away from the batter, sending him back to the bench.

There were two standouts on offense with Alex McClintock getting two singles and a walk, and Peter Fargo getting two walks and a single.



A Sasebo Eagles' pitcher conducts pre-game warm-ups prior to the tournament start. (Photo released by CFAS Public Affairs)

## MWR Sports offers golf tips and rules

From the USGA...

When rule 22 says that you may have any ball lifted if you think it might interfere with your play, it means any kind of interference.

So, if another ball isn't in your line but is a distraction, you may ask for the ball to be lifted due to mental interference (Decision 22/1). This is different from an immovable obstruction or abnormal ground condition. In

those cases, you are not allowed to take relief due to mental interference. (An example would be a ball very close to a sprinkler head that does not interfere with your swing.)

Rule 22/2 states that you may have a ball lifted even if it is 30 yards away. However, Decision 22/3 protects the integrity of this rule.

If a player asks that a ball be lifted when there is no reasonable possibility it might interfere or assist, the committee in charge of the competition has the authority to penalize the player for undue delay under Rule 6-7.

## Sasebo Sports Standings

### Spring Softball (as of May 15):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	8	0	1.000	0
2	Dragons	6	0	1.000	0
3	Patriot	6	1	0.800	0
4	Pumpers	5	2	0.667	0
5	Bone Crushers	3	2	0.600	0
6	Ft McHenry	3	2	0.500	0
7	Fire A-B	3	1	0.500	0
8	Hitmen	2	1	0.500	0
9	Essex	1	1	0.500	0
10	Snipes	1	1	0.500	0
11	Shooters	1	2	0.333	0
12	Kamikaze Squirrels	1	4	0.200	0
13	A-Stars	1	4	0.000	0
14	Guardian	0	3	0.000	0
15	NMCB-5	0	5	0.000	0
16	Iron Gators	0	2	0.000	0
17	The Squad	0	1	0.000	0

### Spring Basketball (as of May 14):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Hitmen	6	5	0.545	0
3	Juneau	5	0	1.000	0
4	Partiots	5	10	0.333	0
5	Harpers Ferry	4	0	1.000	0
6	Raiders	4	2	0.667	0
7	Guardian	1	14	0.067	0
8	Terror Squad	0	0	#DIV/0!	0
9	Small Boys	0	1	0.000	0



with hosts

Shaun Ally

Dennis Lebling and Dave Glazier

Thursday mornings 8 - 9 a.m.

Put in your input at:  
fromthebench2002@yahoo.com

